



Mishawaka Communicator



Working together to build the "Best Hometown in America" by delivering exceptional services, promoting safe and clean neighborhoods, elevating the quality of life, and inspiring pride in our community.

Dave Wood, Mayor

www.mishawaka.in.gov

June 2012

A Letter from Mayor Dave Wood



In 1962, President John F. Kennedy signed a proclamation which designated May 15th as Peace Officers Memorial Day and the week in which that date falls as **Police Week**. Currently, tens of thousands of law enforcement officers from around the world converge on Washington, DC to participate in a number of planned events which honor those that have paid the ultimate sacrifice.

The Memorial Service began in 1982 as a gathering in Senate Park of approximately 120 survivors and supporters of law enforcement. Decades later, the event, more commonly known as **National Police Week**, has grown to a series of events which attracts thousands of survivors and law enforcement officers to our Nation's Capital each year. National Police Week draws in between 25,000 to 40,000 attendees. The attendees come from departments throughout the United States as well as from agencies throughout the world.

My expectation is that the City of Mishawaka and all of its public servants strive to provide world-class service. Four of those public servants of the Mishawaka Police department, Clarence Casper, Bryan Verkler, Thomas Roberts, James Szuba and K9 Ricky gave their lives so that we can enjoy the peace and security that we sometimes take for granted.

On Thursday, May 17, 2012, dozens of people, fellow officers, (continued on next page)



New Service Announcement

View and/or Pay Your Bill Online. It's easy, safe and secure!

Go to: www.mishawaka.in.gov

- View your bill online any-time.
- No registration required.
- Receive email confirmation of payment.
- Avoid late payments—schedule your payments online.
- Go paperless! Sign up to receive your utility bills via email.

We accept e-check and credit card payments online and by phone.

Upcoming Concerts

Battell Bandshell

Concerts begin at 7:00pm

- 6/4—Mike Smith Highlife
 - 6/11—Michiana Concert Band
 - 6/18—Billy Nicks Trio
 - 6/25—The Valleyaires
- #### **Buetter Park**
- Concerts Begin at 6:30pm
- 6/7—Alligator Blackbird
 - 6/14—King Pao
 - 6/28—Top Secret

Family Movie Night at Buetter Park July 20th

Movie Selection TBD
Movie Begins at Dusk or ~9:15pm



Diabetes Strikes Men and Women Differently

Advice from Saint Joseph Regional Medical Center

In some ways, diabetes doesn't discriminate. Men and women are equally likely to develop the disease. Both must work closely with their doctors to manage it.

But in other important aspects, diabetes isn't an equal-opportunity offender. Women often—but not always—bear the greater burden. Understanding the unique ways the condition affects each gender is important. Discussing them with your doctor can help you take control of your health.

Women can get gestational diabetes.

As many as one in 10 women who didn't have diabetes before will develop it during pregnancy. Often, your blood glucose returns to normal soon after the baby is born. However, your risk for type 2 diabetes remains higher for 10 to 20 years afterward.

More men undergo amputation.

A combination of poor blood flow and nerve damage contributes to foot infections in peo-

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A Letter from Mayor Dave Wood (continued)

friends and family gathered to remember these members of the brotherhood who lived as heroes and died too young. These brave men stood for us. They devoted themselves to defending the timeless values that the City of Mishawaka holds dear; a civilized community that protects children at play, families at home, and shopkeepers at work. They valued the law, they valued peace and they valued human life; so much so that they gave their own to protect it. They gave much and asked little. These men deserve our remembrance and we will honor them for as long as this City stands.

It was also a day marked to rededicate the Fallen Police Officer Memorial that has been redesigned as part of the Main/Church Corridor improvements over the past year. The area of the memorial was nearly doubled in size with a concrete circular wall placed around the memorial. A large circular bench was added in the middle of the memorial with the Mishawaka Police Department badge on it. Four benches, one for each officer who gave the ultimate sacrifice, were



saved and repositioned from the old memorial. The goal of the project was to honor our fallen officers in a way that they deserve to be honored. The end result is what I believe to be one of the finest fallen officer memorials outside of our nation's capital.

The citizens of Mishawaka can be proud of this memorial. It is a place for remembering and for celebrating these lives. It is a beautiful place, filled with light and peace. I encourage everyone to visit the new memorial and give honor to those who gave the ultimate sacrifice to keep us safe and secure here at home.

Mayor Dave Wood



Diabetes Strikes Men and Women Differently (continued)

ple with diabetes. As a result, they're about 20 times more likely to lose a limb than the general population. Researchers recently reported that amputations are more frequent among men. However, more women die from complications related to the surgery.

Women with diabetes are more prone to depression.

In general, depression strikes women twice as often as men. All too often, mood problems go hand in hand with diabetes, each fueling the other. A study in the *Archives of General Psychiatry* found the combination of diabetes and depression may be deadly: having both may significantly shorten women's lives.

Diabetes has a bigger effect on women's heart risks.

Overall, women have lower odds of getting heart disease than men. But diabetes turns the tables. Women with diabetes have almost the same risk for heart disease as men without diabetes. Even more concerning, if a woman with diabetes develops heart disease, she has a higher risk of death than a man in that situation would.

Regardless of gender, most people with diabetes die as a result of heart disease or stroke. Healthy habits such as eating right, exercising, and keeping your blood glucose, cholesterol, and blood pressure under control can help you live a longer, healthier life.